

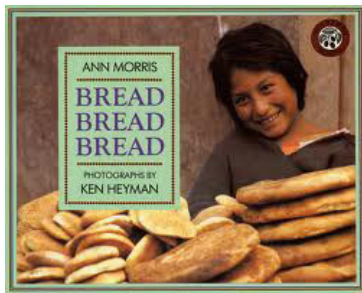
# Bread

## Let's play and talk together

- ❖ Talk with your child about how bread is made.
- ❖ Play bakery with your child. Make pretend products out of playdough using rolling pins, measuring cups, bread pans, muffin tins and plastic knives.
- ❖ Pretend to make breads, cakes and cookies to sell to "customers."



## A good read-together book



**Bread, Bread, Bread** by Ann Morris  
and Ken Heyman

You will need some kitchen tools such as measuring cups, a rolling pin, bread pans, muffin tins and plastic knives. You will also need some playdough, either from the store or made at home.

This activity is good for learning how different foods are made, exploring raw foods, and developing imagination, cooperative play and vocabulary.

## Hints for success

- ❖ Encourage your child to use imagination and think of different ideas for baked goods.
- ❖ Let your child set the scene and take the lead in pretend play.
- ❖ Play with your child. Pretend you are a customer or a helper in the bakery.

What kind of bread  
should we make  
today?

I'm going to squish  
and stretch my dough  
before I make a shape.  
That's called kneading  
the dough.

**Ways to say it**

# More ideas for Bread

## Try this way

- ❖ Have a bread tasting party. Choose three or four different kinds of bread, e.g. oatmeal, whole grain, rye, corn, raisin, pumpernickel, pita, bagels, chapattis, bread pretzels, hard rolls, bannock, bread sticks, French baguettes, hamburger buns, naan, and corn or flour tortillas.
- ❖ Show your child the different types of bread.
- ❖ Cut each type of bread into bite-sized pieces and put them on separate plates.
- ❖ Practice passing the plates around so you can try the different types of bread.
- ❖ Talk about different breads and how they are made.
- ❖ Make bread at home with your child.

## Exploring grains

Put different types of grain in bowls for your child to explore. Try corn, rice, wheat, barley and oats. Use a magnifying glass, some measuring cups, large and small spoons and a sieve or sifter to encourage exploration.

## Book link

**The Little Red Hen**, by Diane Muldrow and J. P. Miller



## Community connections

Take your child to a bakery. Look at all the different kinds of baked goods. Ask whether you and your child can visit the kitchen to see how breads are made there.

## Safety tips

- Always begin activities in the kitchen by helping children wash their hands.
- Always supervise your child around sharp kitchen utensils and hot surfaces.